

# Should You Have a Second Date When the First One Was OK?



By Kerri Sheehan

Everybody dreads first dates. They're awkward, uncomfortable, and how many times can you really tell a relative stranger about your life goals? Many people look for that initial spark when on a first date and without that present won't even consider a second date. How do you know when opting out of a second date is a mistake? Here's some advice:

## Is there some form of chemistry?

Some people needed immediate chemistry whereas others are content to go on a second date if the first date presented no red flags. Good chemistry can come from a lot of different

ingredients. A strong physical attraction, shared interests, or compatible personalities can all be indicators of that wow factor sort of chemistry. Situations like these generally lead directly to second date. If you sensed some sort of chemistry, but you're not really sure that it was the strongest you've experienced then a second date couldn't hurt your cause. Maybe your date was having an off night that messed up the spark and the chemistry will be stronger the second time around. That second chance could land you a new lover.

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### **Don't stress**

It's okay not to want to give a second chance. What if your date said or did something that really truly upset you? Did you have a battle with an eating disorder and your date happened to make a dig at girls who don't eat? Or maybe your date said something bad about teachers, not knowing that your own mother is a teacher? If so then it's more than okay to put this date in the dud pile. There is absolutely nothing wrong with knowing someone isn't right for you from the get-go.

### **Think of what you have to lose**

Unless you're one date away from Mr. Right, then accepting the invitation for a second date doesn't impede your life in anyway. Dates can be pretty fun as long as you enjoy whom you're going on the date with. If you rated the date as okay then going on a second one could even produce better results. Even if the second date once again doesn't wow you then you could have made a good friend in the process of trying to date him.

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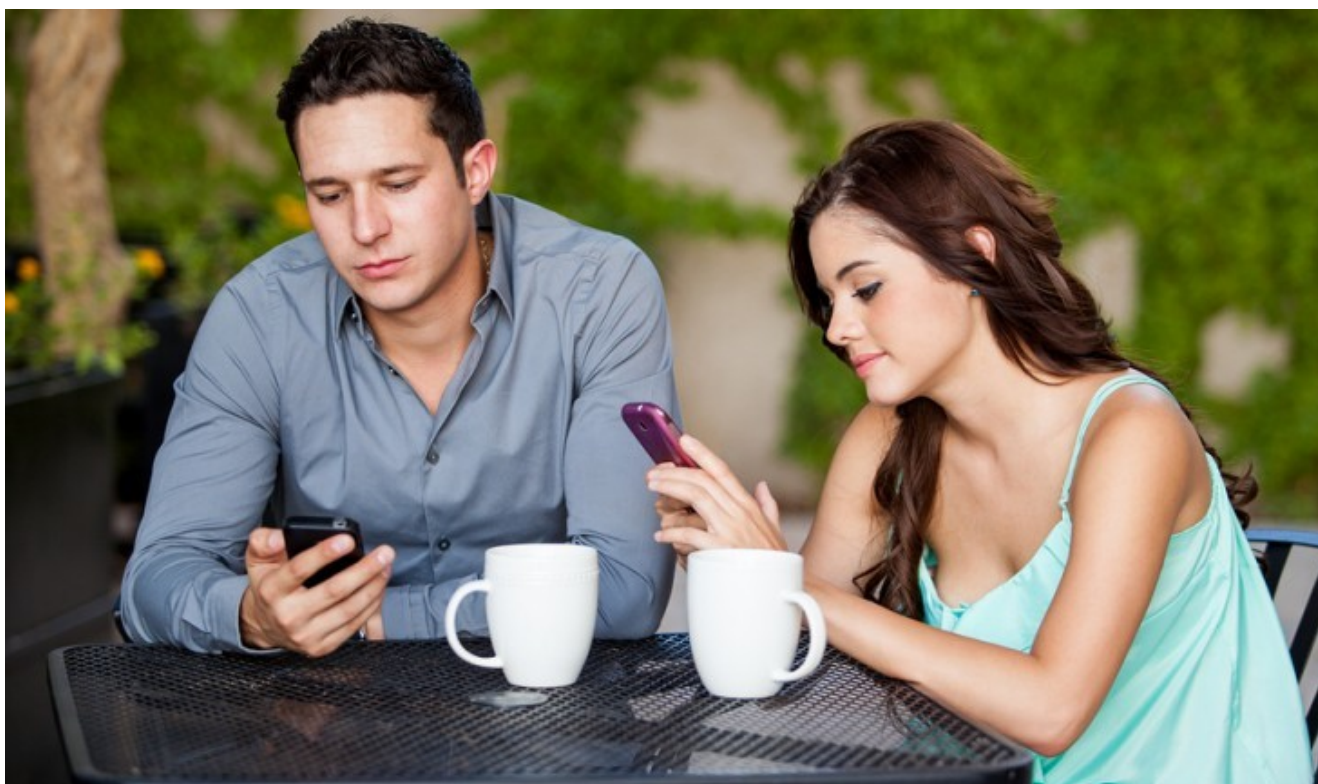
Ultimately it's up to you whether or not you want to go on a second date when the first one wasn't all that special. Don't feel bad about turning down the offer for a second date, but

also don't say no too soon as your feelings may change after you get to know the person better.

How do you decide if you should go on a second date? Share below.

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## Will Arnett and Katie Lee are Dating and Shows PDA in Public



By April Littleton

Will Arnett and celebrity chef Katie Lee are dating! The new

couple were spotted sharing a meal together at The Crow's Nest restaurant in Montauk, NY on Thursday, August 8. "They came in around 8 and his arm was around her waist," a source told [UsMagazine.com](http://UsMagazine.com). Arnett separated from Amy Poehler in September 2012 after nine years of marriage. They have two kids together, Archie, 4 and Abel, 2.

## **How do you go public with a new partner?**

### **Cupid's Advice:**

You've just started seeing someone and you think you're ready to go public with the romance. Dating someone new is always fun and exciting, but you don't want to introduce your significant other to the people you love unless you're absolutely sure he/she will be around for awhile. Cupid is here to help:

**1. Talk to your partner first:** You need to have "the talk" with your new love before you make any plans to go public. Ask your companion how they feel about making the relationship known to some of your friends and family. If he/she is unsure about their commitment to you or they're just not ready to meet your loved ones yet, give them a little more time.

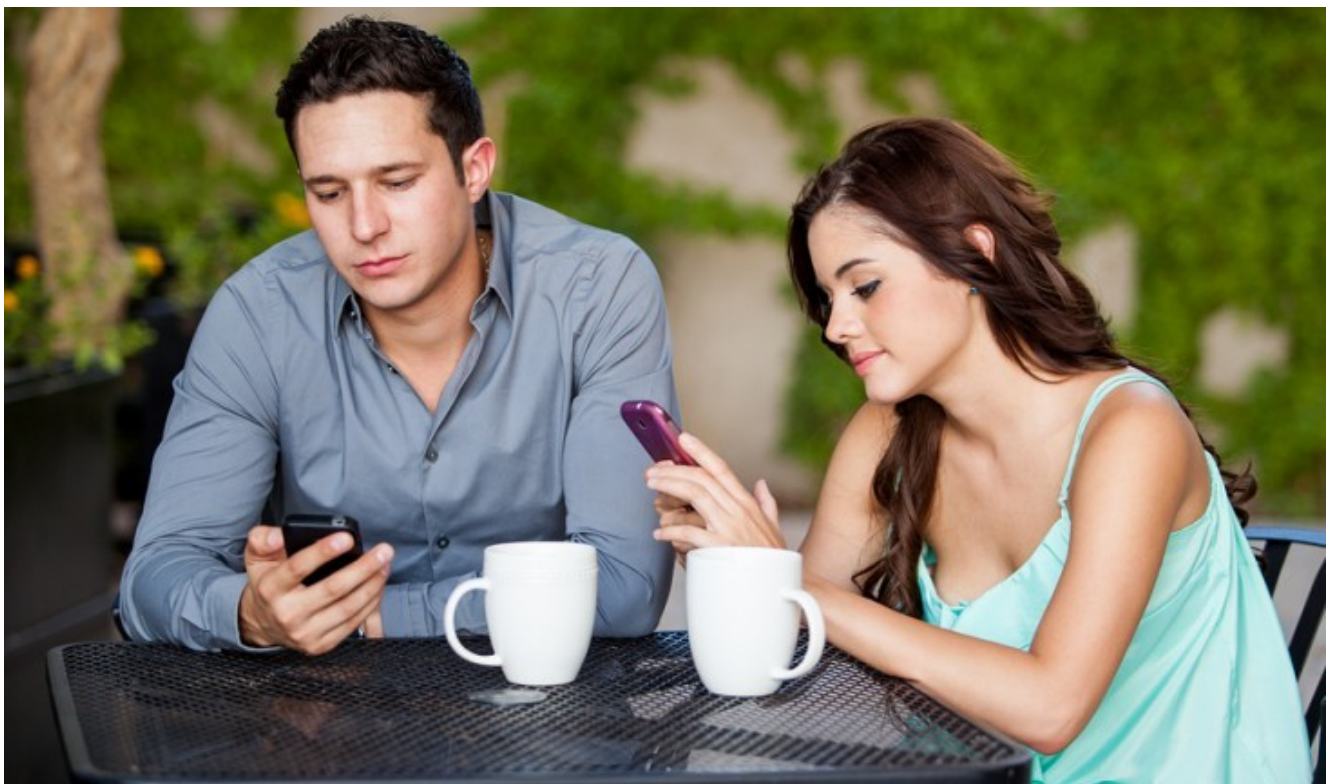
**2. Let your family know:** If your significant other is OK with taking your relationship to the next level, give your family the heads up first. Tell you family and friends about your partner before you introduce them to one another.

**3. Make sure you're ready:** Really think about what you're about to get yourself into. Are you sure you're ready to let the family meet your honey? Hold off on any meeting plans if you feel even the slightest bit of hesitation. The person you're dating might not even be the right one to meet your loved ones.



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# Top 3 Common Dating Mistakes College Students Make



By Chau Nguyen, “America’s Hottest Dating Coach”

No parents, no rules and unlimited alcohol can trigger a lot of heartbreaks for many unsuspecting college students. Look at what happened to Justin Bieber and Selena Gomez. They have great songs, but their relationship is a train wreck! Protect yourself by learning the top 3 common mistakes college students make in dating.

**1. Thinking that dating doesn't exist in college anymore.**

I've interviewed hundreds of college students and asked them one question, *"Does dating still exist in college?"* Some students would tell me, *"Of course! I'm in a relationship right now,"* and others would say, *"No way! Dating is taboo in college."*

Everyone has an opinion on this topic, but the truth is that dating *does* exist in college.

Even if all of your college friends are hooking up, there are many others who are in exclusive relationships. So if you want to be in a serious relationship, remember there are guys who are looking for the exact same thing right now.

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## **2. Believing that you have to put out.**

One college woman at the University of California, Irvine told me, *"All the girls are putting out, so if I don't do it, I can't compete with them."*

All her friends immediately nodded in agreement. That's a huge misconception among smart and beautiful college women. If they just want to explore their sexuality, then by all means, be safe and have fun! But many of the guys I interviewed told me that they would never consider getting serious with a woman after having a one-night stand with her.

Is that a double-standard? Completely. It's not fair for women, and I can sympathize with that. That's why the best cure for this is to control the pace of the interaction.

Women *do* have the power to veto. If you think he's moving too fast, stop him. He will respect you for standing your ground, and more importantly, you will respect yourself more.

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### 3. Waiting too long to bring up the “relationship status” talk.

Most women understandably hesitate to bring this topic up because they worry that it might scare the guy away. So they just play along until they find out that he’s been hooking up with other girls on the side.

You don’t have to force him to be your boyfriend the first day you meet him. But you need to make one thing very clear early on—is this going to be an exclusive relationship, or are you both free to date other people too? Just be sure to approach him from a place of confidence.

Tell him, *“Hey, I’m curious. We obviously like each other. So where is this going?”*

If he wants to be exclusive with you, you’ve hit the jackpot! If he doesn’t, you’ve saved yourself a lot of time, energy, and heartache. Either way, it’s a win-win situation for you.

*Chau Nguyen, “America’s #1 Dating Coach for Tech Guys,” helps men and women skyrocket their confidence and succeed in dating. He is the founder of The One Who Gets It. For more information, please visit [www.TheOneWhoGetsIt.com](http://www.TheOneWhoGetsIt.com) or follow him on twitter @datingcoachchau.*

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## Dating Deal Breakers





By [David Wygant](#)

It happens all the time. Things are going really well in your relationship, and then all of a sudden – BOOM, like a guillotine coming down on someone's head – something goes wrong. But this time, the guillotine is coming down on your head, and you're facing another heartbreak.

You thought you knew exactly what he wanted; you read all the books and watched all the dating programs; and you did everything you could to make sure you were the perfect girlfriend. You even spoke for hours on end with the girls about what men *really* want and how to play the relationship game properly. Trouble is, it seems you still don't know what men DON'T want in a relationship.

**Related Link:** [5 Ways to Stop Sabotaging Your Relationships](#)

**Here are my top three dating deal breakers:**

### **Don't Play Games**

If you play games with a guy, he's not going to want to be



with you – it's as simple as that. If we call you and you don't pick up, call us back the second you get a chance. Returning our call a few days later doesn't turn us on; in fact, it turns us off.

Many men barely have the confidence to even make that phone call in the first place. They spend a lot of time thinking of what they should say, what type of voicemail they should leave, and how they can make you laugh. Sure enough, you hesitate; you wait and don't call him back. You want him to think you're cool and too busy to talk to him.

Well, guess what? Those kind of games are a deal breaker. He wants a girlfriend who's going to be responsive to his texts and phone calls. No guy wants someone who plays *too hard* to get.

### **Let's Get Physical**

You tell him you want to wait, so he waits. Then, when you start having sex with him, you ration it. You start thinking if you give him too much, too quickly, he's going to leave. In reality, as long as you're dealing with a man and not a man-boy, once you start having sex, continue doing it. Don't cut him off. If he's showing he's committed to you, why would you stop it?

If you kill the sex, you kill the relationship.

**Related Link:** [4 Ways to Know You're Dating a 'Man-Boy,' Not a Man](#)

### **The Chronic Texter**

Don't be the woman who's texting him non-stop. He's out with his friends, and you don't trust him. So of course, instead of telling him to have a great time, you text him all night long.

He doesn't want to be monitored, and he doesn't want to be constantly checking in with you. He wants somebody who will

actually allow him to go out with his friends and enjoy himself. Trust him, wish him a fun night, and then let him be.

These are just a few dating deal breakers. The bottom line is, if you've got a good man, stop overthinking everything and learn to go with the flow.

*David Wygant is a dating coach and author of Naked and Always Talk to Strangers. For more relationship advice, you can follow him on Twitter @Davidwygant and facebook.com/therealdavidwygant*

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## 5 Tips for Creating a Perfect Online Dating Profile





By Kristin Mattern

It's time. You've decided to enter the world of online dating. Perhaps you've already been online for a while, but aren't getting the desired results. Either way, you're ready for love and looking to put yourself in the best light possible while searching for that special someone. Here are five expert tips for creating the perfect online dating profile:

**1. Keep your screen name classy:** This is the first thing people see when they're searching for a sweetie. Think of this as your first impression, so choose wisely. There's a big difference between HuggieBear73 and CALLMEBIGPAPA. eFlirt founder, and dating expert Laurie Davis notes, "Some traits resonate better face-to-face than wire-to-wire. Humor tends to be one of these. Unless the written word is your thing, something funny you say IRL might come off differently on screen." This doesn't mean you have to be boring; choose something catchy and clever. You have to stand out after all! Pick a name that speaks to you, and is attention getting without being overly outrageous.

**Related:** [The Good, Bad and Ugly of Dating Advice Guides](#)

**2. Pick your pics:** Place flattering pictures of yourself on your page. Just like your screen name, this is the first thing a potential partner will see. You want a pretty pic to grab attention. Choose pictures of yourself that you not only look great in, but also catch you doing activities you enjoy. “In profile photos, makeup is a must, but photo editing is a don’t,” says Davis, “Let’s face it; ultimately you’re looking for someone who loves every pixel off screen.” Davis also recommends only putting up four to seven images, to ensure your profile isn’t overly time consuming to look through. Also, be sure to use current pictures. Sure, you looked amazing on that cruise six years ago, but you might look different today. Your pictures should be good looking, but also a current reflection of how your appearance is now.

**3. Go for the highlights:** Pretend your profile is your personal highlight reel. “Everyone should aim to emit a friendly vibe,” suggests Davis, “Check your baggage at the door. It’s TMI up front. Instead, keep the focus on you. After all, that’s why matches are clicking on your avatar—they want to know more!” Use your profile as your time to shine. Do you have any awesome accomplishments, or neat talents? Think about whom you are trying to connect with. Do you LOVE to horseback ride? Highlight your passions to attract a honey with similar interests.

**4. Save some for later:** Keep a little mystery going. Don’t write your whole life story on your profile. Love is about intrigue; give just enough information to get someone interested. Make some flirty allusions and sassy hints. You aren’t trying to write a novella. Two or three paragraphs for the “About Me” and a couple of sentences under categories is a good rule of thumb says *HuffingtonPost*. Davis also notes that you should “Nix ultimatums. This is a first impression and negativity could turn off even the most awesome match for you.”



**Related:** [10 Tips to Being Successful With Online Dating](#)

**5. Be an original:** You're the only you there is! When creating your own profile, don't copy other people, use clichés or regurgitate generic lines like, "I am a great listener." Instead, be specific and explain who you are. Tell a short story about yourself and your perfect mate. As Davis reminds us, "Online dating isn't about being the hippest hottie on the digital block, it's about meeting your One. So while you're writing, remember to consider what might raise an eyebrow from that ideal keyboard cutie." Be yourself, after all you're looking for a special someone to love you not some made-up version of you.

*For more information on eFlirt expert Laurie Davis, you can check out her book or website [www.eflirtexpert.com/](http://www.eflirtexpert.com/)*

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## Why So Many Women Couldn't Care Less About Getting Married





By Marcus Osborne for GalTime.com

I don't know how or why or when it happened, but somewhere along the line I realized that I have an inordinate amount of female friends. It's been a blessing and a curse really. The majority of my closest friends are female. I'm living proof that men and women really can be "just friends."

One of the stellar benefits of having close platonic relationships with women (I'll save the negatives for another column – because believe me, particularly in the dating game, there are many!) is you get some compelling, honest insight on what makes women tick. After all these years, I think I've got a pretty decent understanding of the ladies. I'll never completely figure you all out – I won't even attempt that Herculean task – but I think I know enough to stay out of the doghouse!

Your SMF's receive a fair amount of e-mails. As one of the founders of StraightMaleFriend.com, I thank you. Lord only knows where we'd be without you and your correspondence. From those e-mails and the regular correspondence with you and many

of my friends, I've noticed a surprising trend.

**Women who couldn't care less about getting married. Seriously.**

This is not to infer that the general female populace has suddenly become anti-marriage. Not only do I not harbor that belief, but the preponderance of evidence clearly indicates that matrimony is still the preferred path of life's journey. But what I have seen is an ever-expanding legion of women who are quite content with their lives sans a husband. Women who are cool to the idea or just flat out not interested in being a wife.

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What's really been fascinating is how many of these ladies still aren't comfortable sharing that perspective with other people because of the way the information is/would be perceived. And it really gets touchy when they announce that they're not interested in having kids. Just the other day, I was told, "Marcus, you know how some people's biological clock is ticking? Mine's not broken – it's just not even there."

Now understand, as a guy, this is fairly unbelievable news. What woman doesn't dream about getting married? What woman doesn't have her entire wedding mapped out by the time she sees her first Julia Roberts movie? Are you kidding? Of course you want to get hitched ... you're a woman!

Well, that's simply not the case.

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Apparently there are a lot of women who could give a rat's a\*\* about having a relationship, in general, not to mention marriage in particular. And I find it fascinating, brave and a spectacular display of self-honesty to admit it. As open-minded as we all like to think we are, those women get the

collective stink-eye. We're a unique society that way. We promote women's strength and independence, but we're perplexed when they exercise that independence by NOT wanting to get married, by NOT wanting to have kids, by being ... a real life Samantha Jones if she chooses.

I'd love for you to share your thoughts here ... whether you are or aren't married, how do you feel about it? If you aren't and have no intention or couldn't care less about doing so – why? Furthermore, how do you feel about the women who choose to forgo the institution altogether? Let's hear your thoughts...

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## **Q&A: Can I Ask My Boyfriend to Delete Facebook Pictures with His Ex?**







**Question from Stephanie K.:** *My boyfriend dated his high school sweetheart throughout college and they broke up two years before he met me. I just realized he's tagged in pictures with her from college. Is it wrong of me to be jealous about that? How do I ask him to remove those pictures?*

**Answers From Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): While no one likes to be reminded of their current boyfriend's ex's, the fact is everyone has a past relationship history. Your boyfriend does, and you do too. He was tagged in those photos well before you started dating, and it wasn't an issue until you realized that they existed. I'll bet that he has completely forgotten that he was tagged in those photos, and if you bring it up now, it's going to appear to him that you were "snooping" around in his stuff and that you're really insecure and jealous about the relationship. If your boyfriend is a great guy who treats you well in all other ways possible, then why let something so trivial as old photos bother you?

Paige Wyatt, Reality Star: Seeing pictures of your boyfriend

with his ex is always weird, and it's totally normal to be jealous. Sure, the pictures are nice memories for him, but they make you think that he's not over his past relationship. It is completely appropriate for you to ask him to take these photos down, but you have to do it in a way that won't make you seem controlling or jealous. When bringing it up to your boyfriend, you need to make him understand that the pictures bother you because it feels like the memories you make with him have to compete with the memories he had with her. Another way to explain it to him is to say that you want to be the only girl he thinks about and these photos make you wonder if he's still into his ex.

[Robert Manni, Guy's Guy](#): If it's simply about photos on Facebook, here are my thoughts: If, after two years, your boyfriend still keeps photos of his ex on his Facebook page, it's reasonable to ask him to take them down. As far as his being tagged with her on other people's pages, I suggest leaving that alone. However, from my experience, relationship issues are never that simple. Could it be that your concerns with his tagging are symptomatic of other looming issues or insecurities about your relationship? Is it because things are not working out the way you had hoped and the concern with tagging is really about your fear that "he's just not that into you" or that he's cheating? It's time to ask yourself what's your hesitation in speaking to him about this issue. It might be helpful to explore your own feelings before having "the talk." In any case, if he hesitates to take the photos down, that's a red flag. Remember that you deserve better.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Did you ask your partner to delete photos with their ex on Facebook? Share your story below!**

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# Top 7 Tips to Win the Love of Someone Rich or Famous – When You Are Not!



By Aimee Elizabeth, author of “Relationships & Dating Sucks!”

Everyone wants the Cinderella (or Cinderfella) story to happen to them – but how do you keep the interest of your new fancy romance and get your happily every after? Here are the secrets you need to know.

**1. Treat them like anyone else.** Celebrities are used to being catered to, as if they are “better than” everyone. Show that

you consider yourself an equal, and you will not only surprise them, you will intrigue them.

**Related:** [The Most Powerful Tool to Help You Find Your Soul Mate: Intuition](#)

**2. Don't rearrange your life to suit them.** By keeping your own schedule and "having a life," you will sometimes be unavailable – unlike everyone else they have dated before you. They will wonder what could possibly be more interesting than themselves, making you much more attractive to them.

**3. Don't act like a crazed fan.** Blubbering about how you've seen every movie they ever made will only make you look like a lunatic and turn them off. No one wants a stalker.

**4. Be who you are.** Don't be intimidated by fame or fortune. People are turned off when you show insecurity. Don't brag, but be proud of whatever path you have chosen in life.

**5. Never ask them to buy you anything.** Nothing is a bigger turnoff than a gold digger who is too lazy to even hide it. If they offer to buy you an expensive gift, tell them that their company is the best gift they can give you. How often do you think they hear that?

**6. Reciprocate.** Be sure to plan and pay for dates you can afford, and treat your celebrity. Cook dinner, bake brownies, think of something fun that you know they will like. Your thoughtfulness, and willingness not to treat them like an ATM machine, will be noticed.

**7. Do not post about your dates on any social media.** Celebrities are constantly avoiding the paparazzi and crave privacy. If you turn your relationship into a media frenzy, they will drop you like a hot rock.

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Everyone wants someone who loves them for them – not for what



they have. Follow these tips and you can end up like Matt Damon, who married a former bartender, Luciana Barros, in 2005 – and they just renewed their vows. Or like Julia Roberts, who married cameraman Danny Moder, in 2002 and they have 3 kids together. Always remember, the best way to stand out from the crowd is by behaving normally.

**Aimee Elizabeth** is the author of 3 best selling books, including Relationships & Dating Sucks! Internet Dating Horror Stories, Dieting Sucks! Eat Anything & Lose Weight and Poverty Sucks! How to Become a Self-Made Millionaire. Aimee is also a multi-millionaire, successful real estate investor, guest speaker and consultant. You can find her books on <http://www.AimeeElizabeth.net> or on Amazon.com.

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## QuickieChick's Video Dating Tips: Real Life Impact of 'The Bachelorette'





By [E!'s Famously Single Dating Coach, Laurel House](#)  
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House discusses *The Bachelorette*.

## **Dating Advice from E!'s *Famously Single* Laurel House on *The Bachelorette***

Did you ever think a reality television show like *The Bachelorette* could actually offer you valuable real world advice? QuickieChick and dating expert Laurel House didn't think it was possible...until this past Monday's dramatic finale. The surprise ending made her reflect on her own relationship history, and in this week's video, she reveals ten love lessons that she learned from Desiree Hartsock's journey.

For more information about our dating mentor, click [here](#).

For more videos from [CupidsPulse.com](#), check out our [YouTube](#)

[channel](#).

Tell us: What did you learn from this season of *The Bachelorette*?

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## Reap the Benefits of Cutting Costs on Your Big Day



By Rev. Randy Williams

For many couples, planning a wedding can be financially exhausting. If not planned carefully enough, the most important day of your life can leave a hole in your pocket shortly after you tie the knot. Although every woman yearns

for a dream wedding, they also want a dream house, dream car and a family to go along with it. With the average wedding costing over \$20,000 nowadays, many newly engaged couples are becoming wiser and planning their weddings on a budget. If you and your significant other find yourself walking a financial tightrope just to get married, then you might want to consider setting a strict budget for a wedding ceremony that is more easily affordable.

Regardless of the size or planning, every wedding can cost a substantial amount money. You are going to have to pay for a venue, food, marriage licenses and invitations. One way to begin planning for an affordable wedding is to cut down on costs and avoid unnecessary expenses. Below is a list of ways you can cut down on some of your wedding costs:

**Rent your tuxedo and wedding dress:** There is no sense in paying a small fortune on something that you and your partner will only be wearing once. There are many places where you can rent classy tuxedos and beautiful bridal gowns.

**Related:** [5 Conversations Every Couple Should Have Before Getting Married](#)

**Get creative and make your own invitations, decorations and centerpieces:** By taking a trip to the local arts and crafts stores, you can save money on pricey invitations and buy materials to make your own.

**Look for family and friends that can donate their talents:** If you have a family member or friend that's a photographer, DJ or pastor, ask if they can provide a discount or possibly lend their services for the occasion.

**Utilize the same venue:** For most couples, renting two separate venues for the wedding ceremony and reception can be costly. Consider reserving one location and using the same furniture and decorations for both events to save some bucks.



Eliminating wedding costs and setting a budget will save you money for things that come after the wedding is over. The money saved on a wedding and the accompanying reception can be used for a down payment on a house, your honeymoon or to pay off debt from credit card balances and school loans.

**Related:** [Four Dates and a Wedding](#)

By cutting down unnecessary expenses and planning a wedding on a budget, you can enjoy the biggest day of your life without worrying too much about the financial woes that follow.

*Rev. Randy Williams is licensed, ordained, and is an active local pastor in Cave Creek, AZ. He has a Bible college degree and a seminary degree. He has been a minister since 1986. He has experience working with brides and officiating hundreds of wedding ceremonies since 1988.*

*His approach and style to weddings and marriage preparation is casual and relaxed. He is very committed to preparing the couple for a life-long marriage, not just the perfect wedding day. For more information, visit Rev. Randy Williams official website: <http://phoenixweddingpastors.com>*

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## 8 Things Your Wedding Can Do Without





By Kendal Perez for GalTime.com

According to a survey conducted by The Knot, couples spent an average of \$28,427 on their wedding and related events last year. It's no surprise that weddings are big business, and yet it's tough to imagine dropping 300 Benjamins on a single-day event.

There are lots of ways to trim wedding expenses, especially with the number of DIY crafts available to eager brides on Pinterest. However, there are some things your wedding can do without entirely that add up to big savings. Read on for eight such recommendations.

## **1. Summer setting**

The cost of a wedding is not only impacted by the season, but also by the time and day of the week. For example, a Saturday afternoon wedding in July will cost you more than a Sunday-morning ceremony in March. The impact of timing on the overall cost of your wedding cannot be overstated, so check [Turbotax.com](http://Turbotax.com) has a handy infographic for insight into

the best budget-friendly times to get married.

**Related:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

## **2. Enormous guest list**

The best way to save money on your nuptials is to keep the guest list small. The number of people you invite impacts every cost associated with your event, from location to invitations to menu. The smaller the wedding, the more intimate the event. Plus, it means fewer headaches all around for those involved in planning the big day.

## **3. Save-the-Dates**

I'm not sure when we decided one wedding invitation wasn't enough, but this trend is the bane of budgets the world over. While invitations aren't the costliest part of a wedding, they're the most redundant and unnecessary. If key people can't make it unless they pencil you in a year in advance, pick up the phone or send them an email. Everyone else considers two-months sufficient notice.

## **4. Custom invitations**

With save-the-dates off of your list, you can invest lots of money in the invitations, right? Wrong. Gold-flecked cardstock and lace-trimmed envelopes will be lining wastebaskets within moments of receipt, or at the very most a few days post-ceremony. Thankfully, you can find customizable wedding packages online for a fraction of the cost. For the truly frugal, free wedding printables abound, and you can buy cheap printer ink using Inkjet Willy to cut the cost of at-home printing.

## **5. Wedding favors**

Wedding favors look charming in style shoots, but are ultimately a waste of money. Leave them out and I guarantee

guests won't gripe about the lack of personalized M&M packets or monogrammed matchstick books. In fact, they may thank you – it's one less tchotchke to feel badly about tossing in the trash.

## **6. Full bar**

A cash bar is a surefire way to save money and annoy your guests at the same time. Meet your guests halfway with complimentary beer, wine and a signature cocktail. You'll have fun creating your very own wedding drink, and you'll save on the cost of offering every spirit and mixer known to man. For signature cocktail inspiration, peruse [this gallery](#) of tasty offerings.

**Related:** [How to Balance a New Relationship and Love with a Booming Career](#)

## **7. Multi-course meal**

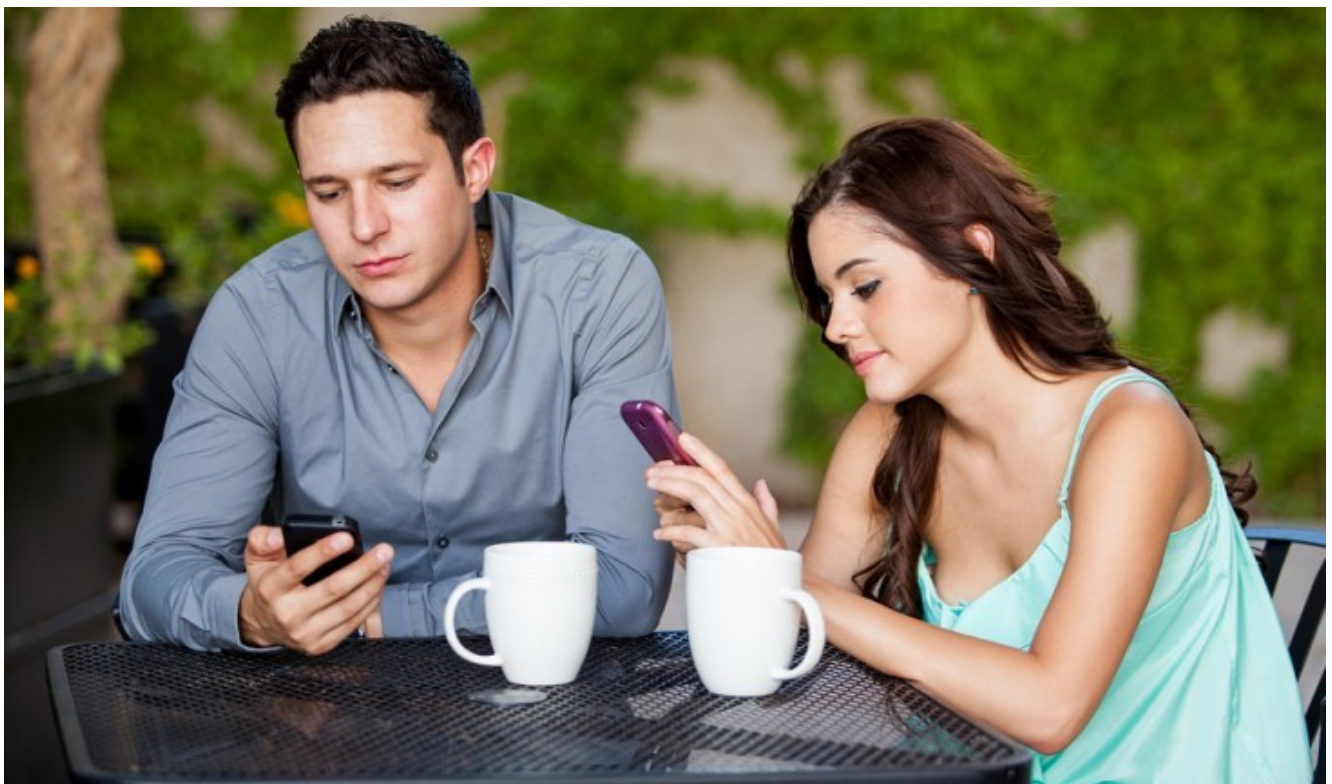
The most expensive element of my wedding was the food. Despite guests' declarations that it was the best wedding spread EVER, I lament the cost. Before you deliberate over the chicken or the salmon, consider a more condensed eating experience to save money. Early-evening weddings can get away with cocktail hour accompanied by appetizers or small plates. Mid-morning ceremonies can have fun with brunch fare for much less than typical dinner spreads.

## **8. Location, location, location**

Believe it or not, destination weddings can actually cost less than traditional ceremonies. The cost of travel and accommodations can be a deterrent for most guests, making your overall price tag potentially less. It all depends on the location, of course, but ultimately it's a good option to consider if you've always wanted to get married on a beach.

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# Avoiding the Top 3 Dating Myths



By Ashley DelBello

Dating isn't easy – especially if you're in a large city like Los Angeles or New York. It seems like everyone gets easily distracted by the next best thing that comes along or really isn't looking to settle into anything serious. What makes it harder is that we have these ideas of what we should and shouldn't do that are large misconceptions and don't make finding that special someone any easier.

So what are these common dating myths that we fall into a trap



of believing?

**Myth #1: You have to play the game and can't let on that you're actually interested.** This is true when you first start dating someone new. There does need to be a sense of mystery or "the chase," but you can't be too unavailable or act too nonchalant. In a previous [Cupid's Pulse article](#), we spoke with relationship expert [Melanie Mar](#) and she cautioned that while there does need to be some element of that chase, it has to be balanced.

**Related:** [Should You Date Your Brother/Sister's Best Friend?](#)

"If a woman is being non-responsive in the beginning of a relationship when a man is actively engaging and pursuing her, she definitely will experience a feeling of control, but it will be short-lived. Eventually he will grow tired of chasing someone who acts as if she's not interested – even if she truly is – and he will stop the chase," said Mar. So, don't follow these so-called rules of "the game" too closely as you risk losing out on someone really cool. If you're interested, show it – just don't overwhelm the guy.

**Myth #2: Online dating is a last resort and only the desperate do it.** Not true. Online dating is becoming more of the norm. In fact, there are 40 million people in the United States who have tried online dating and one in five dating site users go on to marry someone they met online. Go ahead and ask around – most people you know have probably experimented with online dating. And they're probably cool people because they're your friends, right?

**Myth #3: You have to wait 24 hours until you can** text after a date. Also not true. If you like someone and had a good time with them – let them know. It tells them that you're interested and gives the guy permission to ask you out again. Men can't always tell if you're into them or not – especially if you're playing "the game" so they do need that

encouragement to ask you out again.

You also don't need to wait a certain amount of time before you text someone back – we all know that unless we're in a meeting at work, at a movie or some other rare instance in which our phone is not on us, we pretty much tied to our phones 24/7. So go ahead, text someone back immediately if you want to.

**Related:** [Is Your Perfect Man Criteria Keeping You Single?](#)

**Lastly, I want to impart how important it is to just be you.**

We hear that all of the time, but all too often we don't really HEAR it and we get caught up in trying to perfectly phrase our answers to questions or acting how we think the person we're newly dating wants us to. Doing this comes with a price. For example, this recently happened to me and I was too nervous and not comfortable enough around this person to just be me (which should have been red flag No. 1). And after about six weeks and several dates, I got an email that he didn't think we had enough in common to move to something more serious – which I don't think is exactly true. He was saying nicely that I'm not that into you, but had I just relaxed and been myself I wouldn't have been as quiet or always thinking about what I should do or say next. In the end the outcome may not have been any different, but I would have at least not been left with this unsettling feeling about what would have happened if I had been more of myself.

Dating is hard – don't make it harder by following misconceptions that don't let you be true to yourself and most importantly, just relax and have fun.

**What are some other common dating myths that need debunking? Comment below.**

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# Jacqueline MacInnes Wood, Star of 'Her Husband's Betrayal,' Says, "Don't Look for Mr. Right"



By Kristin Mattern

Best known for her role as Steffy Forester on *The Bold and The Beautiful*, Canadian actress Jacqueline MacInnes Wood has received three Daytime Emmy nominations for Outstanding Young Actress and has acted in movies like *Final Destination* and Disney's *Skyscraper*. Now the gorgeous brunette is taking a

short break from her soap opera schedule to star in Lifetime's movie, *Her Husband's Betrayal*, which premieres tonight at 8 p.m. ET. Stunning and sophisticated, Wood takes her acting expertise to new heights in this raw and moving feature about a woman who puts herself and her son in danger when she falls in love with a sociopath.

Wood is no stranger to playing intense roles. As *The Bold and The Beautiful* viewers know, for years, she has daily slipped into shoes of the manipulative and sexy Forester. She excels in the rapid world of soap operas, a feat reflected by her many Emmy nominations. "It is always exciting to receive such an honor and to be noticed for the work you do," she shares. "Daytime Soaps aren't easy, and we have to become pretty much one-take specialists." Her long-running career on *The Bold and The Beautiful* and her devoted fan base certainly point to her mastery of the form.

Switching gears from this fast-paced world of daytime dramas, Wood loved working on the movie. Of the talented cast and crew on the set of *Her Husband's Betrayal*, she exclaims, "They were amazing to work with. It was a total joy everyday of the shoot."

In the film, she plays Cathy, a divorcée who had her son at a young age and who thinks she has found love in her second marriage, only to discover she has fallen prey to the charms of a deadly sociopath. The realistic storyline is what pulled the starlet into the role. "I loved the script right away. Immediately, I felt empathy for her character and her struggles. This is not a movie about some unrealistic hot chick with perfect makeup and perfect hair trying to find the perfect man. In fact, it's quite the opposite."

**Related Link:** [Are You Dating Someone with Narcissistic Personality Disorder?](#)

Sadly, sociopaths aren't fantasy creatures from a horror flick

– they’re very real. Women sometimes find themselves tangled up in a relationship with a real-life monster. “Who doesn’t want to be charmed?” remarks Wood. “Unfortunately, that’s what sociopaths do best, and the lies come in the same bundle.”

Her advice for ladies in this situation is simple: “Get out as fast as you can! Don’t try to deal with them. They will only make your life even more of a living hell.” Love can be blind, and even if it isn’t in an extreme case like finding yourself married to a sociopath, it can be easy to overlook a partner’s flaws when you are in love. “I believe many of us have been there, at one time or another, until you get a rude awakening.”

The actress, who is said to be dating Daren Kagasoff from *The Secret Life of the American Teenager*, doesn’t have a list of who “The One” should be but rather who he *shouldn’t* be. “He can’t be a walking ego; he can’t lack a sense of humor; and most definitely, he can’t be needy or dictate who my friends should or shouldn’t be.” She advises that women shouldn’t look for Mr. Right and should instead “just do what’s right for you. When you meet a potential partner, make sure he is a good fit in your world and doesn’t overtake or undermine it.”

**Related Link:** [The Four Biggest Myths About Men](#)

A huge motorcycle-enthusiast, Wood fell for biking when she was a little girl, a passion she acquired from her Harley-loving dad. “There is great bonding in biking, and I love every year that I see more and more women of all ages getting on bikes and taking control of the handles,” she says. Recently, the celebrity rode through her hometown of Windsor, Ontario as part of a charity ride for angioplasty called Bob Probert’s Memorial Ride. “I rode beside my dad and my sister, Dani Probert, with 1,200 other bikers. We were there on behalf of my late brother in-law, ex-NHL player Bob Porbert.”

There are surely great things on the horizon for this young



star. She plans to return to *The Bold and The Beautiful* but is currently taking some time to travel through Europe.

*To learn more about Her Husband's Betrayal, which premieres tonight at 8 p.m. ET/PT, visit their website. For more information about Wood, connect with her on [www.facebook.com/Jacqueline-MacInnes-Wood-154810727878252/](https://www.facebook.com/Jacqueline-MacInnes-Wood-154810727878252/) and Twitter @JacquelineMWood.*

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## **QuickieChick's Video Dating Tips: Getting Back with Your Ex? 10 Mistakes That I Made**





By [E!'s Famously Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famously Single* Laurel House on Getting Back With Your Ex

Are you thinking about getting back with an ex? Our resident dating mentor Laurel House did...over and over again. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House outlines ten mistakes that she made, hoping to inspire you to avoid the same fate. "When you get back with your ex, you need to realize that this isn't a rosy relationship," the dating expert candidly shares. "You don't think that they can do no harm because you know they can. You've already been there; you've seen their dark side." Before moving forward, you have to address the reason for your split. You essentially have to take a step backwards first. Listen up for more helpful advice!

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [Youtube Channel](#).

Have you ever reconnected with an ex? Share your story in the comments below!

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## How to Create a Great (No Meal) First Date



By Kristin Mattern

You've met someone special. You're electrified with excitement

and looking for a date idea, but you don't have the money for a meal, or you're just not feeling food for your first date. No problem! There are tons of great date ideas that will wow your new sweetie without having to deal with preparing a three-course dinner. With a little creativity, and a quick bite before you leave, you and your honey will have a wonderful time sans-food.

Start your date after dinnertime, and while you'll still be ingesting something, grabbing a cup of coffee is a great way to begin the date. The two of you can meet up at the coffee shop of your choice, order your favorite drinks and treat your darling to his/her cup-of-joe. This nice gesture will get the date going. Sit and enjoy the cozy coffee shop atmosphere and chat over your drinks about what each of you do for a living, favorite activities and interests. Make sure to listen as much as you speak. You don't want to dominate the conversation.

**Related:** [Five Conversations to Avoid on the First Date](#)

While you're both enjoying your cozy caffeine haze and butterfly jitters, continue the date by heading over to a local museum. Admission is fairly priced, if not free, and the abundance of art or historical pieces makes for great conversation starters. *Howaboutwe.com* recommends The Merchant House Museum in NYC, the Museum of Contemporary Art in LA, the Hirshorn Museum in DC and the Cartoon Art Museum in San Francisco as some great date museums. As you tour, show off your art or history knowledge, or discover if your sweetie is a museum lover. Slowly meander through the exhibits as you chat about one another and the various items on display. Museums or art exhibitions are great because the two of you can still speak to one another while enjoying the stimulating cultural atmosphere. Learn about each other while you share the moment of learning something new.

After you've both exhausted the exhibits, grab your babe and

take an urban stroll. Explore the town or city that the museum is located in, or drive to the nearest downtown area to take advantage of what the strip has to offer. Check out the town or city website before you go to find out what is going on in the area. Sometimes, especially in the warmer months, there will be live music or other free events like festivals and street fairs. Aim for your date to be on a day when an event is going on, so as you walk around you can enjoy the sweet sensations of a smooth jazz concert, or share some screams at a community carnival with your sweetheart. Play it smooth and make it seem like you didn't know the event was going on, it will increase the first date magic and feeling of serendipity. If you live near a historic town, see if you can walk around battlefields or visit houses where important people have lived, like Teddy Roosevelt's house, or where George Washington grew up. This date can take you anywhere; just make sure you both wear sturdy shoes.

**Related:** [Falling In Love: When to Say the L-Word for the First Time](#)

To end the date, find a place where the two of you can look out over the landscape of the city or town you are in. If you live near the water, head out to a local pier to admire the open ocean. Hold your honey as the sun goes down, or take in the beautiful sight of the moon shining over the scenery. Get a little sentimental with this date ending, it's sure to be a memorable one.

**Ever gone "hungry" on a first date? Tell us all about it in the comments below!**

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# 5 Ways to Avoid Bad Breath While On a Date



By Dr. Joseph Banker

You're on a date and everything seems perfect until you get a little closer...and realize that maybe it's a little too close. Bad breath can ruin an otherwise perfect date- we can safely assume that there would be no Brangelina if Brad had bad breath on the set of *Mr. and Mrs. Smith*! However, avoiding bad breath starts long before the date even occurs. Here are my five top tips to avoid bad breath while on a date:

1. **Avoid smelly foods for at least a day:** Certain foods, such as garlic and onions, can cause offensive breath that lingers long after they are consumed. If you have a big date planned,

drink plenty of water and avoid these foods for at least 24 hours prior.

**Related:** [The Good, Bad and Ugly of Dating Advice Guides](#)

2. **Improve your oral hygiene routine:** Poor oral hygiene is the biggest culprit of bad breath. Regular dental visits are very effective in preventing bad breath and developing techniques to maintain optimal oral hygiene. Food that remains between teeth must be removed by flossing. Tongue scrapers are also effective in removing odor-producing bacteria that builds up on the tongue.

3. **If you have chronic bad breath, squeeze in a trip to the dentist:** The underlying cause of most chronic cases of bad breath is odor-producing bacteria, which are present in chronic infections that are often associated with advanced gum disease (periodontitis). Those with active periodontal disease tend to have a higher incidence of bad breath. Although many factors contribute to periodontal disease, there is also a genetic predisposition. There are so many techniques we can use today, such as lasers and targeted delivery of antibiotics that are extremely effective to eradicate these bacteria and get to the underlying cause of the problem.

4. **Say no to coffee and alcohol:** Coffee and alcohol are both responsible for causing a decrease in salivary flow. Saliva is needed to cleanse debris from the mouth and to flush away odor producing bacteria. Coffee also contains some compounds that may cause offensive breath regardless of its effect on the salivary flow. It may be a better idea to skip that cup of coffee at the end of the meal and opt for a glass of water.

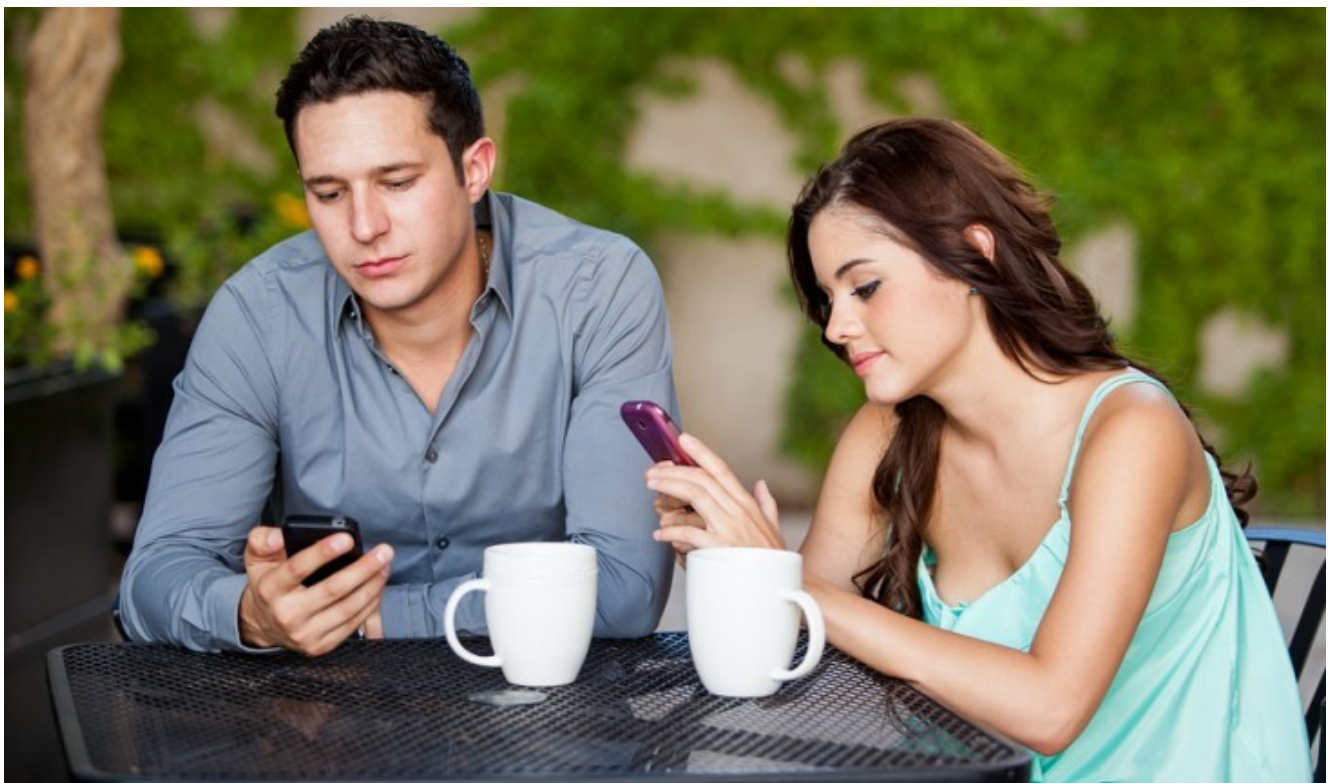
**Related:** [5 Cue Cards for New Couples](#)

5. **Carry sugar free breath fresheners:** A sugar free mint or gum can freshen breath, which is always better smelling than the last course of food you ate. It could make the difference between a handshake and a kiss goodnight!

***Dr. Banker** is a member of the American Academy of Cosmetic Dentistry, The Crown Council, and has studied at the UMDNJ Dental School in New Jersey. He has been named a top New Jersey dentist five years in a row and has contributed his expertise to **Shape**, **Newsweek**, and **Good Housekeeping**. Please contact me if you would like to receive more information or set up an interview with Dr. Banker.*

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## Basic Principles to Score A Second Date



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

Although first dates can seem scary, in reality, first dates are a science that can be easily mastered with just a few pointers. Once you feel confident about the first date, the option of a second date is inevitable. The main thing to remember is the key to the first date is being positive. This may sound cliché, but it's true: positivity is an extremely attractive quality.

**Related Link:** [Top 10 Dating Dos and Don'ts](#)

To appear positive on a first date, focus on topics that you are passionate about and things that make you happy. This technique will show that you're a cheerful person who has depth. Being upbeat keeps the conversation light but not shallow. It's also a good way to find common interests with your date. However, if your major interest is politics, then you should probably choose a different route and talk about something else. Anything political can be unintentionally polarizing!

If you're too critical, you'll sabotage your date. The person you're interacting with doesn't know you (it *is* a first date), and it's way too soon to burden them with your emotional baggage or negativity. If you find yourself turning to downbeat topics, take a step back and change the course to something more light-hearted.

Another first date necessity is steering clear of both the friend and slut zones. To avoid the friend zone, try a lingering gaze, a flirty smile or even a quick touch, like a brushing of their arm. With that being said, there is a distinct line between flirty and slutty. Don't overdo sexual innuendos or be overly suggestive. Definitely don't sleep together on a first date if you're hoping for a second date. If you actually like this guy and the date went well, he should be excited to take you out on a second date without the expectation of sex afterward.



The next piece of advice for landing a second date is limiting alcohol intake on your first date. If you drink too much, you'll most definitely say or do something that is uncharacteristic to who you are and will embarrass you. And let's be honest, alcohol usually makes us much more likely to hook up!

**Related Link:** [Returning to the Dating World](#)

And the MOST important advice about landing a second date is to just be yourself! It's awkward and difficult to act like someone you aren't. Plus, why would you want to go on a second date with a guy who doesn't like you for you? After all, you're trying to find someone who likes, and maybe even will come to love, you for who you are, not for the façade you built on the first date.

If you follow these pointers, you are practically guaranteed an offer of a second date. And if this guy is worthy of you, always take the second date – you never know if Mr. Right is right in front of you.

*For more information about Project Soulmate, click [here](#).*

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## Four Telltale Signs He's NOT the One







By Robert Manni for GalTime.com

**We've all heard the old adage of addition by subtraction.** Most women keep a mental list of the qualities they seek in their partner. Some lists are short and to the point. Many are long – way too long and they can get in the way of finding The One. Your Guy's Guy suggests that being mindful of a few red flags can save time and streamline your search process. If the man you are seeing has issues with any of these four behavioral traits, it's a good bet that you are in for a challenge and he may not be worthy of your unconditional love. Take it from a guy who learned the hard way and ask yourself if any of these traits are too familiar.

**Related:** [Love Advice Q&A: Is It Weird That My Man Always Texts Instead of Calling?](#)

## **He's cheap.**

Yes, the economy's tough and the gap between rich and poor keeps growing, but you want your guy to know the difference between thrifty and stingy. Seventy-five percent of Americans

live paycheck to paycheck. Sad, but true. That means that your guy needs to know how to manage and grow his pile of cash. He also needs to prioritize what he spends his money on. If the first time he asks you out he assumes you're splitting the check, that's a bad sign. If he takes you to a concert or sporting event and you're craning your neck in the nosebleed section – unless it's the Super Bowl or a Rolling Stones concert – it's a bad sign. If he drinks cheap wine, buys cheap clothes and tips ten percent, it's a bad sign.

## **He's jealous.**

Jealousy is toxic; jealousy has no benefits. Jealousy always results in hurt and resentment. It's an emotion driven by fear, anger and insecurity. Do you want to sign up for that? Of course not. You don't want your guy taking you for granted either, but if he gets jealous about your crush on Ryan Gosling or when you share a casual story that includes your ex, that's a bad sign. I know a woman whose guy became upset because the voice on her GPS was male. Seriously. That's a very bad sign.

## **He's controlling.**

See above. Controlling behavior also stems from fear, anger and insecurity. If he doesn't allow you to have your own life, that's a bad sign. If he doesn't approve of a night out with your besties, it's a bad sign. If you can't have a drink with your colleagues, that's a bad sign. Relationships are about joy and sharing, not being held captive. Don't let any guy take away your independence. Both partners need their own lives.

**Related:** [Relationship Experts Q&A: Does Social Media Stalking Create False Intimacy?](#)

## He's got vices.

I don't mean drinking socially or an addiction to the tv. But if he is doing drugs regularly and needs to in order to function or he gambles compulsively or he is a nasty drunk, you're in for a bumpy ride. These are diseases, so your partner needs help. How far you choose to go to help him with his recovery is up to you. Ultimately, he has to make the key decisions about how he chooses to live his life. If he favors drinks, drugs or gambling over you at any time, it's a very bad sign.

I hope this helps. Everyone has issues so finding the perfect partner is not easy. Your list is your list. Make it work for you. If you flip the script and factor in what you don't want in a relationship, it might make it easier to find a connection that brings you the love you deserve.

**Does your guy own negative traits that prevent him from being The One?**

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## Summer-Themed Ideas For Your Partner's Birthday





By [Whitney Johnson](#)

The eternal sunshine, lazy days and carefree attitudes make summertime the ideal season for celebrating. If your beau is lucky enough to have a July or August birthday, be a great partner and throw him a party he'll never forget. Before you pick a theme, consider your man's hobbies and passions. Once you've settled on an idea, go all out: make sure the food, drinks, decorations and even the guests' outfits align with the bash. Below, we've developed a list of five fun party themes – ideas that can be further flushed out on Pinterest. Happy planning!

**1. Country-themed party:** It's the season of outdoor concerts, and if your man grew up listening to Hank Williams and Willie Nelson, this party will be just what he had in mind. Stick with southern comfort food for the menu: macaroni and cheese, fried chicken and biscuits with homemade lemonade. And, of course, build a playlist with your beau's favorite country tunes, including old-time favorites as well as some current hits. As for attire, ask your guests to wear their broken-in boots and favorite cowboy hat.

**Related Link:** [Date Idea: Listen to the Music](#)

**2. Red, white and blue bash:** With holidays like Memorial Day and Fourth of July coming up, summer is the perfect time of year to honor America and show your patriotic pride. For appetizers, consider snacks like red peppers and hummus or mini-sandwiches with turkey and Swiss cheese. Summer fruits like strawberries and blueberries are great to use in festive cocktails or delicious desserts. Be sure to decorate with little American flags and red and white flowers. Also, be sure to ask attendees to stick with the color theme when they get dressed.

**3. Comic book celebration:** Did your sweetheart love comic books as a little boy? With blockbuster hits like “Iron Man 3” and “Man of Steel” already released in theaters, it’s the perfect time for your man to relive his childhood days and be his favorite comic book character for a day. Plan your menu around the colors in your guy’s hero’s suit (black and yellow for Batman, green for The Hulk and so on). Transport your guests to a different world with futuristic décor and movie soundtracks. Guests can wear simple T-shirts with their character of choice or go all out and don a full costume.

**4. Mexican fiesta:** There’s nothing like sipping on a refreshing margarita (non-alcoholic or not) with your love on a sweltering day. To fill your guests’ appetites, stock up on chips, salsa and guacamole. For the main course, plan a do-it-yourself taco bar: purchase soft tortillas and hard shells along with fresh vegetables, cooked shrimp, spicy chicken and more. And for dessert, break out the blindfolds and piñatas! Set the mood with bright-colored decorations and Mexican music.

**Related Link:** [Date Idea: Celebrate Cinco de Mayo with Your Mate](#)

**5. Baseball bash:** Sure, you may have been to your fair share



of ball games this summer, but we have a feeling that your significant other will never tire of the sport. For food and drinks, serve typical game snacks: peanuts, nachos, hot dogs and pizza along with beer and soda. As for dessert, soft-serve ice cream is the perfect way to top off the fun. Decorate using the colors of your hometown team as well as a few foam fingers, baseballs and wooden bats. For attire, your friends can wear a jersey from their favorite team. Let the rivalries begin!

**What is your favorite summer-themed party idea? Tell us in the comments below.**

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## **Celebrities Share Dating Tips at 8th Annual All-Star Celebrity Kickoff Party**





Interviews by Shannah Henderson; Editorial by Sarah Ribeiro

Earlier this week, on Monday, July 15, 2013, the Playboy Mansion hosted some of Hollywood's hottest celebrities at Beartrap Entertainment's 8<sup>th</sup> Annual All-Star Celebrity Kickoff Party. The annual event supports the Artists and Athletes Alliance, a not-for-profit organization that helps artists and athletes navigate the political process in Washington, D.C. This glamorous night helped kickoff summer sports awards season the way only a party at the Playboy Mansion could – and CupidsPulse.com was there to celebrate.

Celebrity guests included musicians Chris Brown, Snoop Lion and Sean Kingston; actor Jamie Foxx; former *Bachelor* and *Bachelorette* stars, Bob Guiney and Arie Luyendyk, Jr; and ESPY-nominees for Best Breakthrough Athlete Yasiel Puig of the Los Angeles Dodgers and Colin Kaepernick of the San Francisco 49ers, who was the winner of the award.

We spoke to some of these famous faces about dating and relationships – check out their responses below!

### **What is the number one thing you don't do on a date?**

"Don't ever talk about your ex! I break that rule a lot though, because I talk about my ex a lot." – **Bob Guiney, *The Bachelor* Season 4**

"Don't talk about ex-girlfriends or religion, and don't eat with your hands." – **Arie Luyendyk Jr., professional race car driver and *The Bachelorette* Season 8**

### **What is your best piece of dating advice?**

"My best advice is to just keep your partner happy!" – **Bryan Braman, Houston Texans linebacker**

"That's an interesting question. My best advice is to be true to yourself. That's the most important thing to remember. Everyone wants to be fake and put on this façade, and after six months, he or she is a whole new person. The best thing is to just be true to yourself." – **Bret Lockett, New York Jets safety**

"My best advice is to stay loyal and stay off of social networking sites. Those sites are the best way to get in trouble these days. " – **David Gilreath, Pittsburgh Steelers wide receiver**

"You have to do something special. Don't think that it's all about money. It's about thinking outside of the box, getting weird and making it happen. You know what I got my girlfriend for Valentine's Day? A saxophone player! He came to our house and played her favorite songs in our living room. It was awkward but awesome" – **Stephen Kramer Glickman, comedian**

"My best dating advice is don't do it. No, I'm kidding! [laughs] I am a divorced guy, and I would say just be really, really painfully honest. If there is any dating advice that works for me, that tip actually works. I always say, 'Listen, here is what I am capable of. I hope I outshine what I think I

am capable of, but this is probably what I've got in the tank at this point.' It actually kind of helps! If you are honest upfront, there are no misconceptions, and it all really works itself out." – **Bob Guiney, *The Bachelor* Season 4**

"Very cliché, but I would just say relax and be yourself. I think that, most of the time when we go on dates, we're either nervous; we're not ourselves; or we're closed off. It is important to just be open and be yourself." – **Arie Luyendyk Jr., professional race car driver and *The Bachelorette* Season 8**

"Always make her pay on the first date because it's crucial to be different. Everyone is probably going to always pay for her, but if you make her pay, she will say to herself, 'Oh, you're different.' Then you're already starting off on the right foot. If you make her pay, she is going to already know you're different, and you get a free meal. [laughs]" – **Jimmy Butler, Chicago Bulls player**

"My best advice is to be patient!" – **Omar Miller, *CSI: Miami* actor**

"Just be cool, be confident, and believe that in the next two hours, the battle is won." – **Bai Ling, actress**

"If you're a guy, treat the lady with the utmost respect. I have two sisters, so I know how important that is. It's a lot more important than you think. Chivalry is not dead." – **Chris Ogbonnaya, Cleveland Browns running back**

"If you have no trust, you have no relationship. That's what it's all about." – **Andre Branch, Jacksonville Jaguars defensive end**

"Just be yourself and don't try to be someone else. You don't have to try to do all the extra hard work." – **Rapper Tae Snap, rapper**

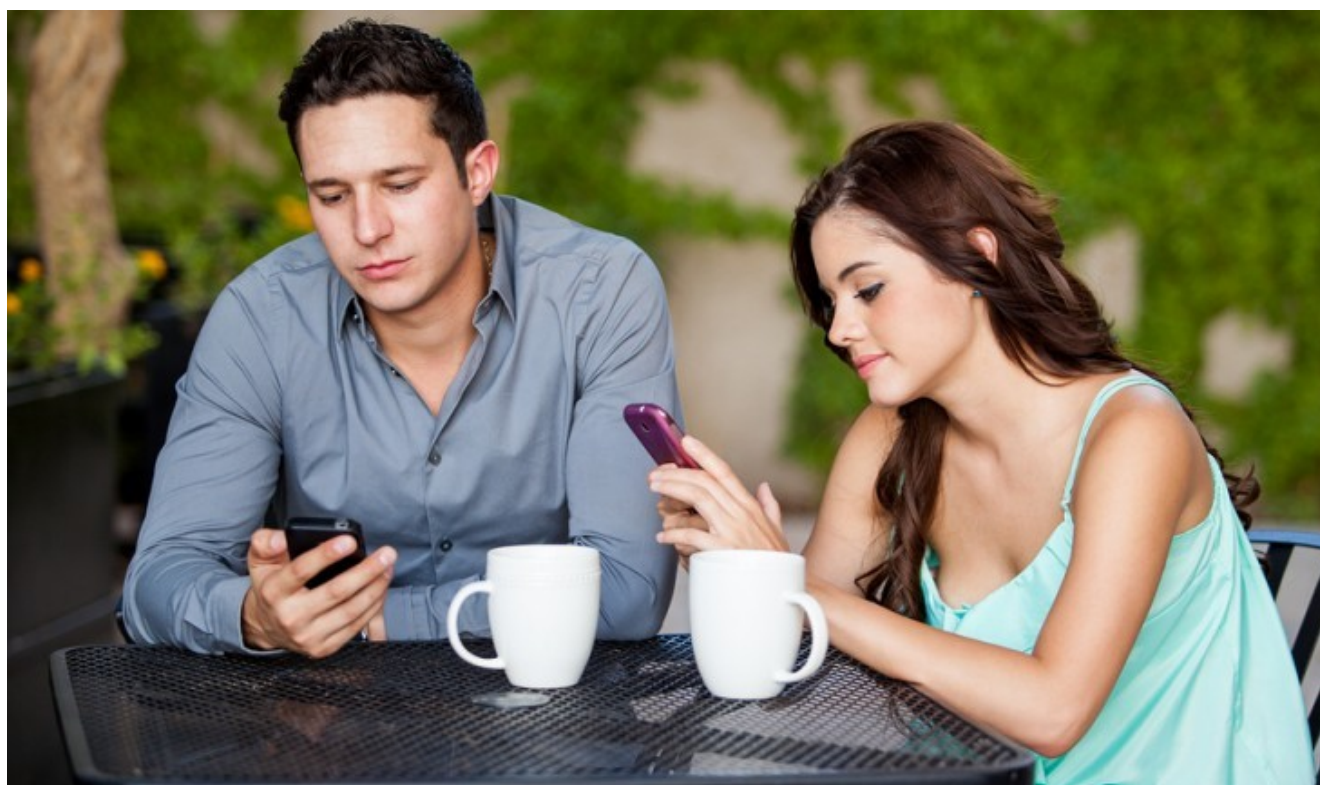
**"Keep an open mind."- Mehcad Brooks, *Necessary Roughness* actor**

**"I guess be yourself and be genuine. Also, make sure you don't smell bad." – Jarron Gilbert, *Buffalo Bills* defensive end**

**What piece of celebrity dating advice is your favorite? Tell us in the comments below!**

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## 6 Clues To Look For in a Keeper



By Marcus Osborne for GalTime.com



If you're one of the millions of women who are single, dating regularly and yet you've had inconsistent luck in the match game, it may be time to do some introspection. I can't begin to tell you how often I hear complaints about scarcity of quality guys. I hear it in the dating echo chamber with alarming regularity: "Men don't want to commit!"

Okay, let me clear that last bit up. The idea that guys won't commit or don't want to commit is an unabashed fallacy. I've said this before, it's not that the guy won't commit – he just won't commit to you. The right guy for you will find you. That's a guarantee.

Now about this so-called "quality guys" drought...complete bunk. Seriously, most of the guys I know who are looking for serious relationships bristle at that statement. Because they know a certain general truth that women don't seem to appreciate: that the quality guys are there but you're either ignoring them or not giving them the opportunity to show you how great they are. But why does this chasm exist? There are obviously variables aplenty that cause these missed connections. But I would submit that the idea of "dealbreakers" is a major culprit.

**Related:** [Dating Advice: Words That Wound Men](#)

We all have relationship dealbreakers. That handful of key traits that any potential partner must possess in order to stay in the game. Quite frankly, we all should have them. However, our dealbreakers should be meaningful. I like to have women break their do-or-dies into two separate groups: shallow dealbreakers and substantive dealbreakers. We should have both but with the understanding that the major emphasis should be placed on the substantive kind. You'd think that that would be a given. I mean, of course, the substance should take precedence over the shallow.

Unfortunately, what we know doesn't always inform our actions.

So, let this be your reminder. Keep your priorities in order. Those shallow dealbreakers:

**must be this tall**

**must have this color hair**

**must have this type of degree**

**must make this six-figure salary**

**must come from this kind of family**

**must look like George Clooney**

...Those should ultimately be seen as great-to-haves instead of must-haves.

**Related:** [Dating Advice: Deal Breakers That REALLY Matter](#)

The real stuff, the substantive stuff, is what's going to get you through the years. You want to find the quality guys? Use these as your new dealbreaker template:

**1. His closest friends should be great people:** You want a real gauge on what kind of guy you're getting involved with? Observe his friends. The type of people in your potential partner's inner circle will say a lot about his character.

**2. He should be calm under pressure:** Long-term relationships are rife with emotional highs and lows. That being the case, the person closest to you had better be someone who you can count on to not only be in control of his emotions but to be a steadying and comforting influence when times aren't quite as great.

**3. Must be in pursuit of his passion:** Maybe he doesn't make six figures. Heck, most people don't. But he had better be driven by something other than money. Far too often women get involved with guys because they have a juicy bank account, then they get serious with that guy and realize that the man

whose passion is making money may never have enough money. This then creates the real possibility that Mr. Moneymaker may only have time to make money and not have time for you.

**4. Must appreciate your independence:** You're your own person with your own opinions, perspectives and aspirations. Whether you're traditional and expect to be a stay-at-home mom or a lady with dreams of being the President of the United States, your guy had better be on board with you. Do NOT commit that typical mistake of trying to change your guy's mind by trying to get him to understand your position. The right guy requires no convincing.

**5. Your friends should like him:** This isn't to say that your judgment should be completely colored by your friends' opinions, but if there's a collective aversion to your guy by your inner circle, it's definitely time to start asking questions.

**6. Laugh, laugh, laugh:** He'd better be able to laugh...and you'd better be able to laugh with him. Few things in a relationship are as intimate as a couple's ability to share the gift of laughter. You'll find that successful couples' most common trait is that the two simply know how to make each other smile.

So there you go. Take those dealbreakers to the bank and that's where you begin seeing your quality guys. Everything else, the looks, the money, the career, are all amazing icing on the cake, but for long-term potential start with those six building blocks and you're suddenly finding good quality guys to date.

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# Can You Date Your Friend's Ex And Keep Your Friend?



By Jane Greer, Ph.D. for GalTime.com

Supermodel Naomi Campbell is one of the most well-known faces in the fashion industry and the creator of the model-search reality show *The Face*. It was on the show that Campbell met and began a mentorship with the aspiring model and former Miss Universe China, Luo Zilin. Luo was the runner up on the show and the last model standing on Naomi's "team." She has a long history of modeling successes around the world.

But this week it was reported that her contract with MIX Model Management NYC was abruptly terminated. The agency cited an "unacceptable work ethic" and "unprofessional conduct." The

firing comes just a few weeks after Luo was photographed on vacation with Russian billionaire Vladimir Doronin who happens to be Naomi's ex, leaving many to speculate that Naomi was somehow behind the firing. Naomi and Vladimir broke up earlier this year after dating since 2010.

**Related:** [Celebrity Couple Sarah Michelle Gellar and Freddie Prinze Jr.: How Does A Couple Cope With Illness?](#)

Naomi is known for her temper – she was charged with assault in 2006 for throwing a phone at her assistant– and rumors abound that it was she who made sure Luo was punished for liaising with her ex. This raises the question that many face: is it ever OK to date the former flame of a friend or mentor? And if that opportunity comes up, what is the best way to handle it?

This goes to the very core of friendship or mentoring – so much is freely given and exchanged in those relationships that the lines can become blurred as to what is realistic to expect to be mutual. In particular, when it comes to exes, it can be difficult to distinguish those boundaries and, as a result, they can get crossed. So in order to maintain your friendship or the respect and support of your mentor or mentee, there are a few things to keep in mind before going ahead.

**Related:** [Relationship Advice: Love the Second Time Around](#)

To begin with, break-ups are rarely clean. Oftentimes couples may break up for a short period but then get back together, or at least cling to the possibility that they might. In addition, one person may continue to care more than the other, leaving feelings open and dangling out there. If you think you're interested in a friend's ex, consider the nature of the break-up before you proceed. There are times when a relationship ends with no strings attached – perhaps your friend even feels guilty about breaking up and says that the person wasn't right for him or her, but thinks that you might



like them. That could be a green light that it is okay to go forward.

Whether that is the case or not, the only way to approach this without risking ruining your relationship is to be aware, open and honest. Also, before initiating a conversation about the possibility of dating your friend's or mentor's ex: first consider the timeline. If it was a very recent break-up, you might want to wait a little while not only to let things settle, but also to make sure it is a done deal. Once you are sure, check in with them to see how they would feel about your connecting up with that person. It isn't always an easy conversation to have, but it will let you know where they stand and, consequently, where you stand. If you keep this in mind, you will be able to preserve your old relationship in the event that you do start a new one.

**What do you think? Is it EVER OK to date a friend's ex or is it safer to just stay away from that situation all together?**

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## **'Shameless' Co-Stars Emmy Rossum and Tyler Jacob Moore Break Up**





By Kristyn Schwiep

After two years, Emmy Rossum and Tyler Jacob Moore have broken up. The cause of the break-up is unclear, but she told friends about the breakup over July 4th weekend, according to the [New York Post](#). Rossum does not seem to be dwelling on the separation. On Friday, July 5, she tweeted, “Hope you all had a happy and safe 4th. Back to work starting tonight on a new film called Curfew in my home state New York.”

**What are some ways to move on after a breakup?**

### **Cupid's Advice:**

Moving on can be hard and painful. If you've just broken up with someone (or gotten broken up with), what are some ways to move on? Cupid has some advice:

**1. Accepting it:** Before you can truly move on, you need to accept the fact that you are no longer with this person. Though it may take a while for reality sink in – let it. The sooner you can accept that this part of your life is over, the faster you will be able to allow yourself to move on.

**2. Focus on you:** After being tied down now is the time to focus on you. Do something fun or adventurous, go out with your friends, pamper yourself, just keep yourself busy. Focusing on yourself can boost your self-esteem at a time like this, so get out there and do something for yourself!

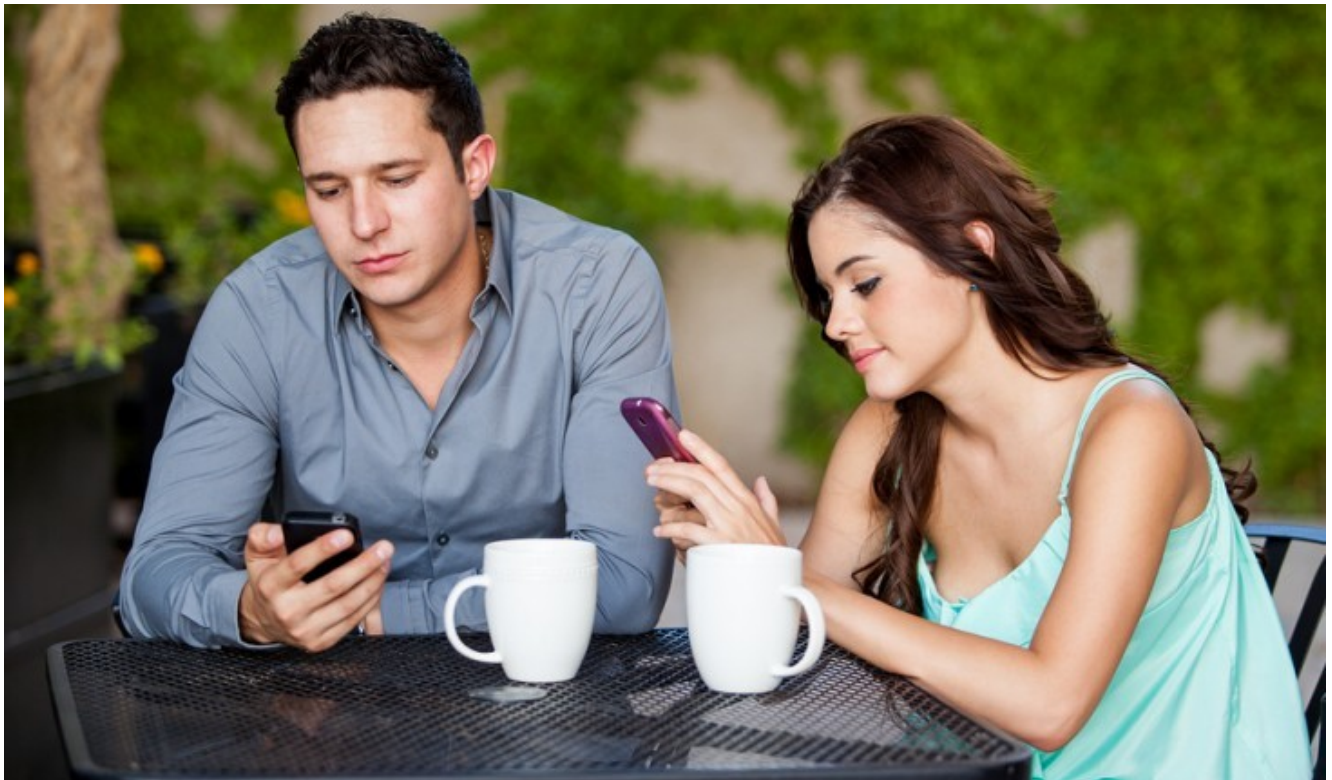
**3. It's time to go out:** Once you've accepted the end and spent some time focusing on you, now it's time to get out there. Grab a group of friends and go out for the night. It's time to start socializing and meeting new people. This doesn't mean you should try and pick up the first person you see at a bar, but going out and meeting new people is a great way to land your next relationship.

**What are some tips you have for moving on after a breakup? Share your thoughts below.**

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## **Premarital Counseling– The Pros and Cons**





By Laura Seldon for GalTime.com

You likely test-drove several vehicles before buying your last car, read every tech blog possible to see which smartphone was best for you and even texted a few dressing-room pics of yourself to a friend before buying that cute maxi dress. As an educated, modern woman, you know researching your options and getting a few opinions can be a good thing. So, why are we so afraid to get a little help when it comes to our relationships?!

Couples therapy, relationship coaching, premarital counseling – most people would agree these are all great ways to help your relationship grow and thrive. And yet, no one is ever excited about going to see their therapist. Is this reluctance to premarital counseling due to a fear of admitting our lives aren't "perfect?" Or do we just think it's a waste of time? Read on to get the pros and cons of premarital counseling from therapists, counselors and family-law experts who outta know!

# The Pros of Premarital Counseling

## 1. You Can Talk Out Problems... Before It's Too Late

Premarital counseling is a chance for couples to dig up any potential pitfalls that could hinder their marriage from lasting a lifetime. "It causes people to consider and discuss things that will increase the likelihood of a successful marriage," says Mark Baer, a family-law attorney.

Money issues, anger problems, jealous tendencies; premarital counseling can help you and your partner get any potential issues out in the open now so that you're not shocked by them nine months into your marriage.

**Related:** [Relationship Advice: Reasons Being Nice Doesn't Lead to Love](#)

## 2. You Get an Outside Opinion

So, you're about to get married and you're pretty sure you and your mate have the best possible relationship you've ever come across – minus the passionately heated shouting match you had this morning over who was the last person to take out the trash. Going to premarital counseling can give you an outside perspective on your relationship, and how to make it last.

"Couples considering marriage would benefit from having a licensed marriage and family therapist's wise and trained eye to talk to them honestly," says Becky Whetstone, Ph.D., LMFT. "MFT's know to look into each person's beliefs and values concerning money, child-raising, spirituality, individuality, partnership, marriage in general and more. If we see an emotionally immature or incompatible couple heading for a marital train wreck, we'll tell them."

## 3. It Can Strengthen Your Bond

New flash: many of us were not born with stellar communication



skills. Do you ever get mad at your partner and then refrain from telling them you're angry – let alone explaining why you're angry? Healthy relationships are based on open and honest communication, and premarital counseling can help you learn those skills.

“People are not born with good communication skills and most people never learn such skills,” says Baer. “Since most marriages fail due to communication issues, I would say that this is an excellent reason to participate in premarital counseling.”

## The Cons of Premarital Counseling

### 1. It Can Create Bigger Problems

What if your premarital counseling actually creates more problems between you and your mate than you had before you even stepped into your therapist's office?

“Premarital counseling has the potential of creating problems, in that it causes people to think about and discuss issues they may never have considered,” says Baer. “While this can be viewed as a con, I would propose that it is also a pro because it forces the discussion before marriage, as opposed to after marriage. Why not be preventative and not reactive?”

**Related:** [Dating Advice: 3 Ways to Master the Art of the First Impression](#)

### 2. The Counseling May Not Be That Good

“As with anything, some marriage counselors are better than others,” advises Baer. “If a couple goes to a marriage counselor, who is not particularly skilled at conflict resolution, what happens if the couple argue over an issue raised in the counseling?”

Just like buying a car requires you to take a few different

vehicles for a test drive, you have to do your research when it comes to finding a therapist, or you may wind up working with someone who hinders your relationship more than they help it! A skilled marriage counselor should be well aware of the issues that tend to cause divorce and should also be skilled at properly addressing those issues!

### **3. You May Wind Up Calling Off Your Wedding**

If seeing a therapist brings up major issues for you and your partner, it could turn into an argument that ends with you calling off your engagement. While this is not ideal, it can also save you from marrying someone who is not right for you and it can also save you from the heartbreak of divorce.

While there are a few potential cons to premarital counseling, the positives far outweigh the negatives. Couples therapy is a great way for engaged couples to discuss major issues in their relationship before saying "I do" for a lifetime. Nothing can guarantee a successful marriage, but premarital counseling can help you figure out what it takes to ensure your marriage will thrive!